

The GrapeAffair  
421 Church Street  
Grapevine, TX 76051



Helpful Phone  
Numbers:  
First Call for Help  
& United Way  
Information &  
Referral Line  
2-1-1  
Northeast  
Transportation  
Services (NETS)  
817.336.8714  
Grapevine  
SeniorMovers  
817.410.8130

You could impact more people by  
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Please contact the  
Grapevine Senior Activities Center  
for more information.  
**817.410.8130**

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GRAPEVINE, TX  
PERMIT NO. 140



# The Grape Affair

April 2012

## Grapevine Senior Activities Center

Play Often - Play Grapevine

421 Church Street ~ Grapevine, Texas 76051 ~ 817.410.8130

Hours of Operation: Monday - Friday 8 a.m. to 3 p.m.

[www.playgrapevine.com](http://www.playgrapevine.com)



### Highlights for the Month April 2012

- 3 Birthday Lunch
- 3 Food Handlers Training
- 3 Sr Citizens Advisory Board
- 4 Matter of Balance Class begins
- 5 Participant Meeting
- 6 Easter Activities
- 10 Health Break
- 11 Hot Breakfast
- 12 FOPS Trip
- 13 Go Go Girls Trip
- 16 Ranger Tickets Deadline
- 17 Tech Talk
- 19 Balance Testing
- 19 Writing Class begins
- 23 Prescription Management
- 26 Senior Golf Classic
- 28 Supper Club

### Looking Ahead May 2012

- 9 Classic Christmas Markets  
Slideshow Presentation
- 16 Rangers Game
- 19 Supper Club

#### Rangers Game - Wednesday, May 16

It's time to start thinking Baseball! We have tickets to the game against the Oakland A's this evening. Bus leaves at 6 p.m. As an added bonus, May 16 is also Dollar Hot Dog Night! Cost of the trip is \$24 which includes transportation and parking. Meals are on your own. Deadline to sign up is Monday, April 16.

#### Volunteer Opportunity

All volunteers who help with the Senior Citizen Services meal at lunchtime are required to complete Food Handlers training annually. Join us on Tuesday, April 3 at 10 a.m. for a combined Food Handlers and Volunteer training. Not only do we make this training fun, but your help afterwards is greatly appreciated. Call for more information on volunteer opportunities.

#### Classic Christmas Markets Trip December 1-9

Book by June 1 and get \$100 off the trip price. Detailed brochures are available at the SAC. Call us for more information!

#### A Matter of Balance Class

**A Matter of Balance** is an award winning program that consists of eight two-hour sessions designed to help adults 60+ years of age reduce their fear of falling through group discussion, problem-solving strategies and increasing the physical activity levels of those who have concerns about falls. Janie will be conducting this program on Wednesdays and Thursdays, 9-11 a.m. beginning April 4. Enrollment is limited to develop a comfortable sharing environment among the participants. Sign up today!

#### AARP Tax Aide

Appointments for Tax Aide are available on two more Wednesdays, April 4 and 11. Qualified volunteers are available from 8:30 a.m. to 2 p.m. Please call 817.410.8130 to schedule your appointment.

#### National Volunteer Month

The Grapevine Senior Activities Center gratefully acknowledges the many people who contribute so much to make our Center an exciting and fun experience for all who attend. They donate their time and share their many talents leaving their imprint on our hearts. Their commitment to others enables all of us to accomplish so much more for the seniors in our community. Please accept our humble thanks!

#### Senior Golf Classic - April 26

Enjoy a Florida scramble at the Grapevine Golf Course that includes a golf cart, hamburger lunch, awards and raffle prizes. The entry fee for adults 55 and older is \$50. Registration forms are available at the Senior Activities Center, Grapevine library and Community Activities Center. Deadline to sign up is Wednesday, April 11.

#### Fraternal Order of Plaid Shirts

Lions and tigers and bears – Oh my! The men are not looking for the yellow brick road, but will be traveling on Thursday, April 12 to the International Exotic Feline Sanctuary located in Rhome! Walking around the cages is required and a guide will talk about the various animals. There is no admission fee, but donations are expected. Bring some more money for that great meal at Babe's in Roanoke. The bus leaves at 9:30 a.m. and returns by 2 p.m. Sign up at the front desk!

#### Go Go Girls

Get ready for a road trip to Ennis to see the beautiful wildflowers on Friday, April 13. In addition, we will have lunch at the famous Wildflower Café. Bus leaves at 9:30 a.m. and will return by 3:30 p.m. Cost of the trip is \$15 which includes your lunch. Sign up by April 9.

#### Tech Talk at the Grapevine Library

Join us on Tuesday, March 20, at 10:15 a.m. for this month's Tech Talk on iPads and Apps. Learn about a variety of free apps that can help make your life a little easier. Get addicted to a new game, learn how to access your bank account, or even how to use notes as reminders. Not sure what an app is? Then this is definitely the class for you! Meet us at the library or ride over with us from the SAC at 10 a.m.

#### Writing Beyond the Basics

This session of 6 weekly classes takes the writer into a more in-depth study of writing techniques. You'll learn how to make characters come alive with exciting dialogue and characterization, drive plot points to logical conclusions, develop editing techniques and incorporate scenes and settings to convey mood and tension. Completion of the Writing Basics class is preferred or please call Sandra to discuss your writing background. Class meets Thursdays beginning April 19, 1-3 p.m. Register at the front desk.

#### "How to Stay Young: The First 100 Years"

Today's average life span is 77.6 years and growing. One of the most common health issues as we age is spinal disorder. Dr. James Reiland will be here on Tuesday, April 10 at 10:30 a.m. to teach you how to avoid and prevent spinal disorder so you can enjoy life.

#### Medical Management Improvement System (Prescription Management)

Do you take three or more different prescription and/or over-the-counter drugs a day? If the answer is yes, you may want to consult with Julie Langeberg, M.S., R.D., L.D. on Monday, April 23. Bring in all your medication and supplement bottles and she will run the information through a computer program to see if an alert is generated that indicates a potential problem. Appointments are available 9:30 – 11:30 a.m. This is a free service; call us to schedule your appointment.

## NEW! We're on Facebook!

The Grapevine Senior Activities Center is now on Facebook! We want to encourage you to check out our page at Facebook.com/GrapevineSAC. Click



Who doesn't love the month of April? Flowers are blooming, the air is fresh and this month, we celebrate Easter. Easter offers us a second chance to give new life to something we have missed or neglected. This may be calling an old friend, going to church, meeting new people, learning a new skill or volunteering your time to a worthy cause. If you are looking for a place that will provide you with some of these opportunities, please consider joining us at the Grapevine Senior Activities Center. This month we are offering a new crochet class, the annual Golf Classic, the Matter of Balance series, food handlers training and an advanced writing class. April is also Volunteer Appreciation Month. On behalf of all of us at the SAC, THANK YOU to the many volunteers who help to make our Center a very special place!



-Trent Kelley, Supervisor

KELLEY'S  
CORNER

# April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
<b>1</b>	<b>2</b> 8-2 Table Games 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 11:00 Strength Training 12:45 Card Making 1:00 SilverSneakers® 2:00 Mah Jongg	<b>3 Birthday</b> 8-12 Table Games 9:45 Bowling 10:00 <b>Food Handlers Training</b> 10:00 Walking 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Grapevine Library 12:30 Watercolor Class 12:45 Bingo 3:30 Sr Citizens Advisory Bd	<b>4</b> 8-3 Table Games 9-11 Matter of Balance 9:00 SilverSneakers® 9:30 Bank & Post Office 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 10:30 Advisory Council 11:00 Strength Training 12:45 Grocery Shopping	<b>5</b> 8-3 Table Games 9-11 Matter of Balance 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:30 Chorus 10:45 Wii Games 12:30 <b>Participant Meeting</b> 1:00 SilverSneakers® YogaStretch	<b>6</b> 8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Plastic Mats Project 11:00 SilverSneakers® 1:00 Crocheting with Maria		
<b>8</b>  <i>Happy Easter!</i>	<b>9</b> 8-2 Table Games 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 11:00 Strength Training 12:45 Card Making 1:00 SilverSneakers® 2:00 Mah Jongg	<b>10</b> 8-12 Table Games 9:45 Exercise with Kindred 9:45 Bowling 10:00 Walking 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Grapevine Library 10:30 <b>Health Break*</b> 12:30 Watercolor Class 12:45 Bingo	<b>11</b> 8-3 Table Games 8-9:30 <b>Hot Breakfast**</b> 9-11 Matter of Balance 9:00 SilverSneakers® 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:00 Strength Training 12:45 Grocery Shopping	<b>12</b> 8-3 Table Games 9-11 Matter of Balance 9:30-2 <b>FOPS Trip</b> 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:30 Chorus 10:45 Wii Games 1:00 SilverSneakers® YogaStretch	<b>13</b> 8-3 Table Games 9:30-3:30 <b>Go Go Girls Trip</b> 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Plastic Mats Project 11:00 SilverSneakers® 1:00 Crocheting with Maria	<b>14</b>	<b>*Health Break</b> “Avoid Spinal Disorder” Dr. James Reiland  <b>**Hot Breakfast</b> Eggs, Sausage, Bacon Biscuits and Jams Cost: \$3 Reservations Required
<b>15</b>	<b>16</b> 8-2 Table Games 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 11:00 Strength Training 12:45 Card Making 1:00 SilverSneakers® 2:00 Mah Jongg	<b>17</b> 8-12 Table Games 9:45 Exercise with Kindred 9:45 Bowling 10:00 Walking 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 <b>Tech Talk at Grapevine Library</b> 12:30 Watercolor Class 12:45 Bingo	<b>18</b> 8-3 Table Games 9-11 Matter of Balance 9:00 SilverSneakers® 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:00 Strength Training 12:45 Grocery Shopping	<b>19</b> 8-3 Table Games 9-11 Matter of Balance 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:30 Chorus 10:45 Wii Games 11-1 <b>Balance Testing*</b> 1:00 SilverSneakers® YogaStretch 1:00 Writing Class	<b>20</b> 8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Plastic Mats Project 11:00 SilverSneakers® 1:00 Crocheting with Maria	<b>21</b>	<b>*Balance Testing</b> courtesy of Expedient Home Health Sign up at the front desk.
<b>22</b>	<b>23</b> 8-2 Table Games 9:30 Music Jam 9:30 <b>Prescription Management</b> 9:45 Walking 9:50 Tai Chi 11:00 Strength Training 12:45 Card Making 1:00 SilverSneakers® 2:00 Mah Jongg	<b>24</b> 8-12 Table Games 9:45 Exercise with Kindred 9:45 No Bowling 10:00 Walking 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Grapevine Library 12:30 Watercolor Class 12:45 Bingo	<b>25</b> 8-3 Table Games 9-11 Matter of Balance 9:00 SilverSneakers® 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:00 Strength Training 12:45 Grocery Shopping	<b>26 7:30 Senior Golf Classic</b> 8-3 Table Games 9-11 Matter of Balance 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:30 Chorus 10:45 Wii Games 1:00 SilverSneakers® YogaStretch 1:00 Writing Class	<b>27</b> 8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Plastic Mats Project 11:00 SilverSneakers® 1:00 Crocheting with Maria	<b>28</b>  4:30 <b>Supper Club</b> Empress of China	
<b>29</b>	<b>30</b> 8-2 Table Games 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 11:00 Strength Training 12:45 Card Making 1:00 SilverSneakers® 2:00 Mah Jongg					<i>Blood Pressure Checks and Birthday Cake courtesy of Woodridge at Grapevine Nursing &amp; Rehabilitation</i>  <i>Exercise with Kindred courtesy of Kindred Transitional Care &amp; Rehab</i>	Please remember, you must pay for all trips at the time of reservation. No spots will be held without payment.  SCS Lunches served each Monday-Friday 12 Noon